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Tween = a child between the ages of approximately 9 and 12

Hot on the heels = close behind or soon after sth

Aspect = a particular part or feature of something

Unprecedented = never having happened or existed in the past

Causal = relationship/link between 2 things in which the one causes the other

Vicious circle = φαύλος κύκλος

Indicator = sth that shows what a situation is like

Slumber = sleep

Caution = great care and attention

To emit = send out a beam, noise, smell, gas

To inhibit = to prevent sb from doing sth / slow down a process

To nod off = tofall asleep

Interrelated = connected to one another

At play = existing, happening

Deprivation = situation in which you do not have things or conditions usually considered necessary for a pleasant life

Side effect = unexpected result of a situation

Obesity = being extremely fat, in a way dangerous for one’s health

Substance = material with particular physical characteristics

Adversely = in a harmful way

Adolescence = the period of time in a person’s life when they are developing into an adult

Critical = important

Drab = boring, especially in appearance

To combat = to fight

Downside = disadvantage

Moderation = doing sth within reasonable limits

Ring-fence= guarantee that sth (especially funds) will not be spent on anything else

Buffer zones = neutral areas serving to separate hostile forces or nations